

RELEASE FORM

I accept full responsibility for my use of any and all apparatus, appliances, facility, privilege or service whatsoever, owned and operated by Tuckahoe Recreation Club and at my own risk and not shall hold Tuckahoe Recreation Club and its shareholders, directors, officers, employers representatives and agents harmless from any and all loss, claim, injury damage or liability sustained or incurred by me or my children resulting therein. In the event of an emergency, we will attempt to contact the parent/guardian first. In the event the parent/guardian named above cannot be reached during an emergency involving the above named participant, I give my permission to the staff to secure all necessary and required medical treatment. I give my full permission for my child to participate in the Tuckahoe Recreation Club tennis program. The participant's parent/guardian agree that the tennis instructors, volunteers and chaperones will not be held responsible for any accident or losses, however caused, and agree to release all parties involved from any claim of damages that may arise as a result of or by reason of such loss or accident. I am of the understanding that every reasonable precaution will be taken to ensure the safety of the above named participant.



Parent/Guardian Signature _____

Date ____/____/____



PLEASE MAIL OR DROP OFF FORM TO:

Tuckahoe Recreational Club
1814 Great Falls Street
McLean, VA 22101

MEET YOUR COACHES

Mani Barajas-Alexander, USPTA

Director of Tennis

Cell: 703-217-2924

Email: manitennis77@gmail.com

Website: www.tuckahoe.net

Mani is a native of Arlington, VA and has been coaching for the past 9 years at some of the area's premiere tennis clubs. He enjoys teaching people of all ages and skill levels. He was a top-ranked junior player in MATA and was nationally ranked. Mani played Division 1 collegiate tennis at Longwood University in Virginia where he was a 4-year starter, singles and doubles MVP, and team captain. Mani is currently the Boys Assistant Coach at McLean High School. Mani is a USPTA certified teaching professional and a member of the USPTA Diversity Committee. Mani believes that personal goals can be achieved with the combination of hard work, focus, commitment, and self-discipline.

Nebyu Retta

Assistant Director of Tennis

Nebyu has 10 years of teaching experience with juniors and adults of all skill levels. Nebyu played Division 1 tennis at nationally ranked Old Dominion University (Norfolk, VA), where he reached an ITA team ranking of #45. At Bishop O'Connell High School he and Mani combined to hold the school record for all-time doubles wins. As a junior player he held state, regional, and national rankings. He is currently the Assistant Coach for both the boy's/girls at Langley High School.



Junior & H.S. Varsity SUMMER CAMPS 2010



TENNIS

at tuckahoe

JUNIOR SUMMER CAMP

Ages: 5 – 15

Time: 9:00 a.m. – 12:00 p.m. **Dates:** See Registration

Description:

- 3 hour-per-day outdoor program supervised by USPTA certified professionals.
- Instruction incorporates all aspects of the game, including: stroke practice, rallying skills, cardio tennis, games, and matches. In addition, drills will focus on improving other tennis related skills such as: vision, movement, balance, and control of the racquet.
- Great for beginner and intermediate players who want to learn, develop their skills, and have FUN!
- Groupings and drills will be tailored to campers' age and ability levels. Some age groups will use the QuickStart tennis program developed by the USTA.

VARSIITY SUMMER CAMP (Current High School Varsity Players Only)

Ages: 13 – 17

Time: 12:00 p.m. – 2:30 p.m. **Dates:** See Registration

Description:

- Emphasis on the following: stroke production, shot selection, strategy and tactics, consistency, mental toughness, tennis specific fitness, and match play.
- Feeding drills and live ball play used to develop and reinforce the technical and tactical components.
- Focus on doubles strategy, positioning and mental toughness to improve competition effectiveness.
- All students are guaranteed individualized attention and focused feedback on their development. Players will be given an opportunity to take notice of their progression through written evaluation forms, video analysis and individual conferences with the coaches. Students will be in an environment where they can enhance their tennis skills and attain the skills to reach their individual goals.

GENERAL INFORMATION

- Missed Classes:** No refunds on missed classes.
- Inclement Weather/Make Up Policy:** Please call the Front Desk at (703) 356-1205 or the tennis director.
- Clothing:** Campers should dress in athletic clothing attire (i.e. shorts and T-shirt) with sneakers. Please do not wear dark soled shoes that will mark the courts.
- Lunch & Snacks:** Campers are recommended to bring their own drinks and snacks.
- Camp Adjustments:** All camps must have at least 6 pre-registered campers in order to start. Club members have priority registration over non-club members. Pre-registration is encouraged.

Limited space available, sign up today!



REGISTRATION

PLEASE ENROLL ME IN THE FOLLOWING:

WEEK	Junior Camp		Varsity Camp		PRICE
	MEMBER	NONMBR	MEMBER	NONMBR	
<input type="radio"/> 6/14-6/18	\$150	\$180	NA	NA	_____
<input type="radio"/> 6/21-6/25	\$150	\$180	\$160	\$190	_____
<input type="radio"/> 6/28-7/2	\$150	\$180	\$160	\$190	_____
<input type="radio"/> 7/5-7/9	\$150	\$180	NA	NA	_____
<input type="radio"/> 7/12-7/16	\$150	\$180	\$160	\$190	_____
<input type="radio"/> 7/19-7/23	\$150	\$180	\$160	\$190	_____
<input type="radio"/> 7/26-7/30	\$150	\$180	\$160	\$190	_____
<input type="radio"/> 8/2-8/6	\$150	\$180	NA	NA	_____
<input type="radio"/> 8/9-8/13	\$150	\$180	NA	NA	_____
<input type="radio"/> 8/30-9/3	\$150	\$180	\$160	\$190	_____
TOTAL				\$	_____



\$15 DISCOUNT
for each additional child
within the same family!

Player's Name _____ Age _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Payment Method: Cash Check

PLEASE MAKE CHECKS PAYABLE TO "Tuckahoe Recreation Club"

How did you hear about us?..... School E-mail

Other: _____

